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ABSTRACT

A proposal is presented for a Community College of Philadelphia Life Sciences and Allied Health Services course in tennis. Following a standard cover form, a statement of purpose explains that the course is designed to provide instruction and practice in the basic tennis techniques of the forehand, backhand, serve, volley, and overhead. Next, course goals and a course outline are presented, and corresponding course-level objectives (CLO's) are identified. Finally, the CLO's, related intermediate performance objectives, learning activities, and measures of acceptable performance are presented. The four CLO's stipulate that the student will: (1) analyze and perform the major tennis strokes of the serve, forehand, backhand, volley, and overhead; (2) analyze specific aspects of tennis (e.g., tennis equipment and course surfaces); (3) analyze basic information on tennis, its vocabulary, rules, history, and etiquette; and (4) analyze tennis playing strategies. A class progression outline; recommendations regarding text, scheduling, supplies, and equipment; a list of sources for supplies and equipment; exams and assignments; a glossary; an overview of rules and techniques; and guidelines for diagnosing common stroking errors conclude the packet. (LAL)

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TENNIS: COURSE PROPOSAL

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JC 850 104

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COMMUNITY COLLEGE OF PHILADELPHIA

COURSE PROPOSAL COVER FORM

Please use this cover form when submitting the entire course for approval. Attach the course design, objectives, and any other elements to this form.

Name of Proposal Writer David G. Yeo
Suggested Course Title Tennis
Course Number
Related Program(s)
Recommended Course Starting Date Spring, 1985
Days Yes Evenings No Weekends Yes
Is it offered every semester? Yes X No If no, when
Does this course replace another course? No X Yes If yes, name the course.

Department Name

Department Head Signature Date

Division Name Life Sciences and Allied Health Services

Division Director Signature Date

Provost Signature Date

Course Prerequisites

Is this course open to all students meeting requirements? Yes X
No If no, please explain.

Limit on Class Size:
A. Contract 20 Students per section
B. Laboratory Constraint
C. Clinical Constraint
Expected Enrollment
Special costs involved in offering this course (itemize)

Lecture Hours None Laboratory Hours 23 contact hours
Clinical Hours None Credit Hours
Career No General Education Yes Support No

Catalog Description

This course is designed to provide instruction and practice in learning the basic tennis techniques of the forehand, backhand, serve, volley, and overhead. The fundamental strategies of ball placement, spin, velocity, and anticipation will be covered. Students will participate in singles and doubles play, and be exposed to variations in equipment and scoring.

Tennis

Statement of Purpose

Sports and other forms of physical activity are an important part of our culture. As an international sport which is increasing in popularity because of the challenge of the game, the enjoyment it provides, and the social contribution it may make to an individual, tennis continues to be a basic part of college curricula.

For several years, the thrust of physical education classes in higher education has been toward teaching life-time sports. We believe there is a need to offer a course in a sport which can be enjoyed by participants of all ages and abilities, and which can contribute to the physical, emotional, and social well-being of all who play. Execution of tennis strokes demands coordination and skill, strength and endurance, strategy and self-discipline.

It is the purpose of this course to enable and encourage students to continue playing and enjoying tennis for many years to come, and to give them understanding of the strokes to facilitate self-improvement. Taking this course will provide the student with a skill level whereby one will be able to take advantage of the tennis facilities and tennis enthusiasts available throughout the city and elsewhere.

Tennis

Goals

1. The student will learn a basic understanding of and develop skills in the major tennis strokes of the serve, forehand, backhand, volley, and overhead. (CLO #I)
2. The student will become acquainted with proper use, purchase, and care of tennis equipment. (CLO #II)
3. The student will learn a working knowledge of the rules, scoring systems, and etiquette of tennis. (CLO #III)
4. The student will learn an awareness of the basic strategy, mental skills, and court tactics involved in single and doubles play. (CLO #IV)
5. The student will learn a basic orientation of the historical and cultural influences of tennis. (CLO #III)
6. The student will become acquainted with the basic stretching, warm-up, lead-up, and conditioning activities of tennis. (CLO #I)

Tennis

Course Outline

I. History and Origin (CLO #III)
   A. Early games resembling tennis
   B. Origin of the game
   C. England, 1873
   D. United States, 1875
   E. United States Lawn Tennis Association, 1881
   F. International Lawn Tennis Association, 1913
   G. Amateur and Professional competition and tournaments

II. Tennis Equipment and Facilities (CLO #II)
   A. Rackets
   B. Balls
   C. Court surfaces
   D. Shoes
   E. Attire

III. Rules and Etiquette (CLO #III)
   A. Code of Rules - International Lawn Tennis Federation
   B. Game, set, and match scoring
   C. Tie-breaker systems
   D. Tennis etiquette

IV. Stretching, Warmup, and Conditioning Activities (CLO #I)
   A. Flexibility
      1. Toe touch
      2. Side bends

Tennis

Course Outline (Continued)

IV. Stretching, Warmup, and Conditioning Activities (CLO #I)

A. Flexibility (Continued)

3. Head to knees

4. Hurdler's stretch

5. Butterfly stretch

6. Chest to ground

B. Agility

1. Side stepping

2. Crossover stepping

C. Muscular and cardiovascular endurance

1. Running in place

2. Rope skipping

3. Hopping on one and two feet

4. Jogging

D. Leg, arm, and hand strength

1. Leg presses

2. Toe raises

3. Ball squeeze

4. Wrist flexor

V. Grips (CLO #I)

A. Eastern

B. Continental

C. Backhand

Tennis

Course Outline (Continued)

V. Grips (Continued)

D. Western

VI. Ball and Racket Leadup Drills (CLO #I)

A. Hand and ball bounce

B. Racket and ball bounce

C. Walk and bounce

D. Jog and bounce

VII. Basic Tennis Techniques (CLO #I)

A. Forehand

B. Backhand

C. Serve (flat and slice)

D. Volley

E. Overhead

VIII. Stroke Mechanics (all strokes) (CLO #I)

A. Grip

B. Ready position

C. Pivot and footwork

D. Racquet preparation

E. Transfer of body weight

F. Contact point

G. Velocity and control

H. Spins of the ball

I. Follow through

Tennis

Course Outline (Continued)

IX. Singles Strategy (CLO #I)

A. Consistency in hitting, height and depth

B. Margin of error

C. Utilization of the four quadrants

D. Hitting from a set position and on the run

E. Short angle hitting

F. Long angle hitting

G. Disguising the stroke

X. Doubles Strategy (CLO #IV)

A. Creating openings

B. Control of the net

C. Hitting to the weaker player

D. Poaching

E. Serving down the middle

F. Using the alleys

G. Crosscourt and lob returns

XI. Psychology and Performance (CLO #IV)

A. Mental practice

B. Anxiety level and physical performance

C. Relaxation techniques and physical performance

D. Confidence, self-concept, and concentration

Bibliography

Braden, Vic and Burns, Bill. Tennis for the Future. Boston: Little, Brown and Company, 1975.

Bryant, James E. Tennis, A Guide for the Developing Tennis Player. Colorado: Morton Publishing Company, 1984.

Elliott, Bruce and Kilderry, Rob. The Art and Science of Tennis. Philadelphia: Saunders College Publishing, 1983.

Gallway, Timothy W. Inner Tennis: Playing the Game. New York: Random House, 1976.

Johnson, Joan D. and Xanthos, Paul J. Tennis. Dubuque, IA: Wm. C. Brown Company Publishers, 1981.

Mason, Elaine R. Tennis. Boston: Allyn and Bacon, Inc., 1984.

Murphy, Chet. Advanced Tennis. Dubuque, IA: Wm. C. Brown Company Publishers, 1976.

National Association of Sports and Physical Education. Tennis Group Instruction II. Reston, VA: AAHPER, 1984.

United States Tennis Association. Tennis Film List 1984. Princeton, NJ: USTA Education and Research Center, 1984.

United States Tennis Association. Tennis Publications, 1984. Princeton, NJ: USTA Education and Research Center, 1984.

For Library Acquisition Periodicals:

U. S. Professional Tennis Associaton. Tennis. Norwalk, CN: Tennis Features, Inc.

U. S. Tennis Association. World Tennis. Los Angeles, CA: CBS Publications.

Course Level Objective

Course/Package Name

Tennis

CLO Identification

I

The student will analyze and perform the major tennis strokes of the serve, forehand, backhand, volley, and overhead. To be rated as acceptable, the student must: (1) grip the racket properly, (2) explain proper footwork and racket head play, and (3) execute the return of tennis balls in play.

COURSE/PACKAGE NAME Tennis

COURSE LEVEL OBJECTIVE # I

INTERMEDIATE PERFORMANCE OBJECTIVE# 1

The student will grip the racket properly.

NO.	STUDENT ACTIVITIES	MEDIA	METHOD
1.	Read Tennis, A Guide for the Developing Tennis Player by James E. Bryant (hereafter referred to as "text") pp. 1-5.	Book	Individual
2.	Complete the "Learning Experience Suggestions" in the text, p. 5.	Book	Individual
3.			
4.			
5.			

COURSE/PACKAGE NAME Tennis

COURSE LEVEL OBJECTIVE # I

INTERMEDIATE PERFORMANCE OBJECTIVE# 2

The student will explain fundamentals of racket head play in tennis. To be rated as acceptable, the explanation must include at least one statement about (1) racket head control, (2) body balance, (3) racket head point of contact, and (4) racket head follow through.

NO.	STUDENT ACTIVITIES	MEDIA.	METHOD
1.	Read text, pp. 6-11.	Book	Individual
2.	Complete the "Learning Experience Suggestions," in the text, p. 11.	Book	Individual
3.			
4.			
5.			

COURSE/PACKAGE NAME Tennis

COURSE LEVEL OBJECTIVE # I

INTERMEDIATE PERFORMANCE OBJECTIVE# 3

The student will execute at least **four different tennis strokes** when returning tennis balls in play. To be rated as **acceptable, the** chosen stroke must **be appropriate** for **the return** of the ball and the ball must be returned to the other court within the **play boundaries.**

NO.	STUDENT ACTIVITIES	MEDIA	METHOD
1.	Read text, pp. 13-49, and 69-80.	Book	Individual
2.	Complete the "Learning Experience Suggestions," pp. 17, 27, 45, 73 & 79.	Book	Individual
3.	View filmloop presentations entitled Forehand, Forehand Variations, Backhand, Backhand Variations Volley, Basic Serve, & Overhead, by Athletic Institute.	Filmloop projector	Individual, small or large group
4.	Perform "Tennis By Yourself" drills, text, pp. 137-141.	Book	
5.	Read Tennis Rules & Techniques handout by Yeo.	MCCC # 10	Individual

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COURSE/PACKAGE NAME Tennis

COURSE LEVEL OBJECTIVE # I

INTERMEDIATE PERFORMANCE OBJECTIVE# 4

The student will perform exercises involved with proper warmup, stretching, and strengthening exercises for tennis. To be rated as acceptable, the student must perform racket and ball control exercises for proper warmup, perform flexibility stretching exercises for the Achilles, hamstrings, quadriceps, and triceps, and identify and name three exercises that can be done to improve strength and cardiovascular endurance.

NO.	STUDENT ACTIVITIES	MEDIA	METHOD
1.	Read text, pp. 91-98.	Book	Individual
2.			
3.			
4.			
5.			

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Course Level Objective

Course/Package Name

Tennis

CLO Identification

II

The student will analyze specific aspects of tennis. To be rated as acceptable, the student must: (1) explain tennis racket and net measurements, (2) analyze tennis rackets, (3) analyze tennis equipment, and (4) analyze tennis court surfaces.

COURSE/PACKAGE NAME Tennis

COURSE LEVEL OBJECTIVE # II

INTERMEDIATE PERFORMANCE OBJECTIVE# 1

The student will explain the way to measure for the proper racket grip size and the proper height of the net.

NO.	STUDENT ACTIVITIES	MEDIA	METHOD
1.	Read text, pp. 102, 158-160, 184.	Book	Individual
2.			
3.			
4.			
5.			

Course
Module Name Tennis
LAP

Course Level Objective # II

Intermediate Performance Objective # 2

The student will analyze composition and sizes of tennis rackets. To be rated as acceptable, the student must: (1) name at least three different compositions of tennis rackets, (2) name at least three different sizes of tennis rackets, (3) state at least one advantage of each named tennis racket composition, (4) state at least one disadvantage of each named tennis racket composition, (5) state at least two advantages of each named tennis racket size, and (6) state at least two disadvantages of each named tennis racquet size.

No.	Student Activities	Media	Method
1.	Read text, pp. 158-161.	Book	Individual
2.			

COURSE/PACKAGE NAME Tennis

COURSE LEVEL OBJECTIVE # II

INTERMEDIATE PERFORMANCE OBJECTIVE# 3

The student will analyze tennis equipment. To be rated as acceptable, the student must state: (1) at least four criteria for determining quality tennis shoes, (2) at least three criteria for determining quality tennis rackets, and (3) at least two criteria for determining quality tennis balls.

NO.	STUDENT ACTIVITIES	MEDIA	METHOD
1.	Read text, pp. 158-162.	Bood	Individual
2.			
3.			
4.			
5.			

COURSE/PACKAGE NAME Tennis

COURSE LEVEL OBJECTIVE # II

INTERMEDIATE PERFORMANCE OBJECTIVE# 4

The student will analyze types of common court surfaces. To be rated as acceptable, the student must: (1) name at least three types of surfaces and, (2) state at least one advantage and at least one disadvantage of playing on each.

NO.	STUDENT ACTIVITIES	MEDIA	METHOD
1.	Read text, pp. 157 & 158.	Book	Individual
2.			
3.			
4.			
5.			

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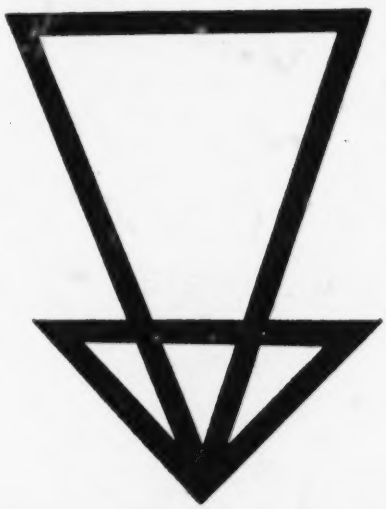
Course Level Objective



Course/Package Name

Tennis

CLO Identification

III

The student will analyze background information on tennis. To be rated as acceptable, the student must: (1) define terms involved with basic tennis vocabulary, (2) explain rules of scoring in tennis, (3) describe historical and cultural aspects of tennis, and (4) state rules of tennis etiquette.

Course
Module Name Tennis
LAP

Course Level Objective # III

Intermediate Performance Objective # 1

The student will define at least thirty terms involved with basic tennis vocabulary. To be rated as acceptable, the following terms must be included: (1) ace, (2) set, (3) deuce, (4) lob, (5) let, (6) passing shot, (7) tie-breaker, (8) baseline, (9) seeding, (10) poach, (11) service break, (12) set point, (13) match point, (14) sweet spot, (15) drop volley, (16) volley, (17) dink, (18) fault, and (19) bye.

No.	Student Activities	Media	Method
1.	Read text, pp. 179-182.	Book	Individual
2.			

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COURSE/PACKAGE NAME Tennis

COURSE LEVEL OBJECTIVE # III

INTERMEDIATE PERFORMANCE OBJECTIVE# 2

The student will explain fundamental rules of play. To be rated as acceptable, the student must: (1) state the rules of serving, (2) state the proper boundary lines, and (3) state what a fault is.

NO.	STUDENT ACTIVITIES	MEDIA	METHOD
1.	Read Rule 1, 5-15, text pp. 183-187.	Book	Individual
2.	Read Tennis Rules & Techniques handout by Yeo.	MCCC #10	Individual
3.			
4.			
5.			

COURSE/PACKAGE NAME Tennis

COURSE LEVEL OBJECTIVE # III

INTERMEDIATE PERFORMANCE OBJECTIVE# 3

The student will describe a historical background. To be rated as acceptable, the student must: (1) state the year tennis began, (2) state the country where it started, and (3) state at least two international cultural influences of tennis.

NO.	STUDENT ACTIVITIES	MEDIA	METHOD
1.	Read text, pp. 169-171	Book	Individual
2.			
3.			
4.			
5.			

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COURSE/PACKAGE NAME Tennis

COURSE LEVEL OBJECTIVE # III

INTERMEDIATE PERFORMANCE OBJECTIVE# 4

The student will state at least seven rules of tennis etiquette.

NO.	STUDENT ACTIVITIES	MEDIA	METHOD
1.	Read text, pp. 99-107.	Book	Individual
2.			
3.			
4.			
5.			

COURSE/PACKAGE NAME Tennis

COURSE LEVEL OBJECTIVE # III

INTERMEDIATE PERFORMANCE OBJECTIVE# 5

The student will state the scoring sequences for point, game, set, and match, including the 9-point and 12-point tie-breaker system of scoring.

NO.	STUDENT ACTIVITIES	MEDIA	METHOD
1.	Read text, pp. 104-106, 190-191.	Book	Individual
2.	Read Yeo handout.	MCCC #10	Individual
3.			
4.			
5.			

Course Level Objective

Course/Package Name

Tennis

CLO Identification

IV

The student will analyze tennis playing strategies. To be rated as acceptable, the student must: (1) analyze court positioning and target areas during a serve, (2) analyze court positioning and target areas during rallying, (3) compare rules of tactics, and (4) describe psychological factors involved in playing tennis.

Course
Module Name Tennis
LAP

Course Level Objective # IV

Intermediate Performance Objective # 1

The student will analyze court positioning and target areas involved during a serve of the ball in singles competition. To be rated as acceptable, the student must (1) state the most advantageous position for a server to stand in singles competition, (2) state the most advantageous position for the receiver to stand in singles, (3) state at least one reason each as to why the previous positions are considered "most advantageous" in singles play, (4) state the most advantageous target area for the server to place the ball in singles play, and (5) state the relationship between singles and doubles competition with regard to lines of play during a serve.

No.	Student Activities	Media	Method
1.	Read text, pp. 51-67, 111-113.	Book	Individual
2.	Complete the "Learning Experience Suggestions," pp. 67.		

Course
Module Name Tennis
LAP

Course Level Objective # IV

Intermediate Performance Objective # 2

The student will analyze at least two basic concepts of court positioning and target areas involved in rallying. To be rated as acceptable, the student must: (1) describe at least two game situations of singles competition in which a stated basic concept of court positioning and stated basic concept of a target area is involved in rallying and (2) describe at least three game situations of doubles competition in which a stated basic concept of court positioning and a stated basic concept of a target area is involved in rallying.

No.	Student Activities	Media	Method
1.	Read text, pp. 109-111, 113-117.	Book	Individual
2.	Perform "Partner Practice" drills, text pp. 142-147.	Book	Individual

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COURSE/PACKAGE NAME Tennis

COURSE LEVEL OBJECTIVE # IV

INTERMEDIATE PERFORMANCE OBJECTIVE# 3

The student will compare at least two major differences in singles and doubles rules of tactics. To be rated as acceptable, the student must: (1) fully describe at **least** two rules of tactics in singles, (2) fully describe at **least** two rules of tactics in doubles, and (3) state at least two differences of singles **from doubles** based on the descriptions.

NO.	STUDENT ACTIVITIES	MEDIA	METHOD
1.	Read text, pp. 109-111, 117-131.	Book	Individual
2.	Read Yeo handout.	MCCC #10	Individual
3.			
4.			
5.			

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COURSE/PACKAGE NAME Tennis

COURSE LEVEL OBJECTIVE # IV

INTERMEDIATE PERFORMANCE OBJECTIVE# 4

The student will describe at least **three** factors of the psychology of **playing** tennis. To be rated as **acceptable**, the student must state or describe a **psychological principle**, and a possible advantage of implementing **that principle**, in at least **three** different game situations.

NO.	STUDENT ACTIVITIES	MEDIA	METHOD
1.	Read text, pp. 149-155.	Book	
2.			
3.			
4.			
5.			

Course
Module Name Tennis
LAP

Course Level Objective # IV

Intermediate Performance Objective # 5

The student will analyze court positioning and target areas involved during a serve of the ball in doubles competition. To be rated as acceptable, the student must: (1) state the most advantageous position for a server to stand in doubles competition, (2) state the most advantageous position for a server's partner to stand, (3) state the most advantageous position for a receiver to stand in doubles competition (4) state the most advantageous position for a receiver's partner to stand, (5) state at least one reason each as to why the previous positions are considered "most advantageous" in doubles play, (6) state the "most advantageous" target area for the server to place the ball in doubles competition, (7) state the rule as to whom should be the receiver in doubles competition, and (8) state the relationship between singles and doubles competition with regard to lines of play during a serve.

No.	Student Activities	Media	Method
1.	Read text, pp. 123-136.	Book	Individual
2.	Read Yeo handout.	MCCC #10	Individual

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Tennis

Class Progression - 12 classes

Class #1. Course introduction: Textbook attendance, dress, equipment, assignments, grading, objectives, course outline.
Background of tennis
Description of rackets: parts and types
Ball and hand drills
Racquet control drills, graduated length

#2. Ball and racket drills
Forehand: explanation and demonstration of grip, preparation, footwork, swing.
Explanation of court lines, court surfaces, and height of net.
Forehand drills
Court etiquette

#3. Stretching and warmup (all classes)
Review forehand and backhand
Rules and scoring

#4. Review scoring

#5. Review serve and return of serve
Volley
Review rules and scoring
Games

Tennis

Class Progression - 12 classes (Continued)

#6. Review serve and volley

Doubles strategy

Games

#7. Overhead

Review serve

Drill their particular weaknesses

Psychological aspects of tennis

Games

#8. Review volley and overhead

Selected drills

Singles strategy

Class mini-tournament

#9. Class mini-tournament

#10. Review for exam

Drill their weaknesses

Class tournament

#11. Exam

Games

#12. Review exam

Games

Tennis

Recommendations

Text: Bryant, James E. Tennis: A Guide for the Developing Tennis Player. Colorado: Morton Publishing Co., 1984.

Scheduling: First six weeks of the fall semester.

Last six weeks of the spring semester.

Six weeks of summer sessions.

2 classes per week, each for 1½ hours, for 7½ weeks = 22.5 hours.

OR

Saturday classes, 3 hours each, for 8 weeks = 24 hours.

Necessary supplies:

Tennis balls: Wilson, T-1001, yellow, heavy duty, 9 dozen @ $9.95 = $89.55.

Gold Medal Sporting Goods

Tennis racquets: Wilson, T-2655, metal, leather grip, 20 @ $23.95 = $479.00

(10 @ 4½" grip, 10 @ 4-3/8" grip)

Pearsons Sporting Goods

Tennis nets: BSN, Super Pro 5000, Model #TN5000 6 @ $89.50 = $537.00 (assuming permanent posts)

Tennis net center strap: CS-2, canvas, white 6 @ $4.75 = $28.50, Gold Medal

Rol-Dri water remover: RD36, 36 inches wide, steel frame, foam roller 2 @ $49.95 = $99.90

Tennis

Recommendations (Continued)

Necessary Supplies:

Rol-Dri

P. O. Box 7106

Dallas, TX 75209

1-800-529-0871

Ball baskets/ball retrievers: Rol-Dri, MTHI - RISE, holds 75 balls, handles flip over for elevation

2 @ $23.95 = $47.90

Desirable Long Range Equipment: VCR and monitor, ball machine, film loops.

Tennis

Health and Physical Education

Supplies and Equipment

1. Gold Medal Sporting Goods
   Henry and Cathedral Avenues
   Andorra Shopping Center
   Roxborough, PA 19128
   (215)-487-1100

2. Pearson's Sporting Center, Inc.
   1128 Chestnut Street
   Philadelphia, PA 19107
   (215)-923-1600

3. Passons' Sport Center, Inc.
   1017 Arch Street
   Philadelphia, PA 19107
   (215)-925-7557

4. Select Service and Supply Co.
   2565 Martin Road
   Willow Grove, PA 19090
   (215)-657-2730
   Customer Service, 1-800-241-9884

5. Jayfro Corporation
   P. O. Box 400
   Waterford, CN 06385
   1-203-477-3001

Supplies and Equipment

6. Things from Bell, Inc.
   12 South Main Street
   Homer, NY 13077
   1-607-749-4626

7. Flaghouse, Inc.
   18 West 18th Street
   New York, NY 10011
   1-212-989-9700

8. U. S. Games, Inc.
   P. O. Box 360874
   Melbourne, FL 32926
   1-305-254-5111
   1-800-327-0484

9. Blumenfeld Sport Net Company (BSN Corp.)
   P. O. Box 7726
   Dallas, TX 75209
   1-800-527-7510

TENNIS

Measurement Strategies

CLO I & IV

Apply the "Skill Appraisal" instructor checklist, text, pp. 175-178.

CLO II, III, & IV

Administer written exam, enclosed.

CLO I, II, III, & IV

Require written assignments, samples enclosed.

PEH 275: Tennis Dr. Yeo

TENNIS, by Elaine Mason

Written Assignment

Please respond to each of the following questions in sentence or paragraph form. This assignment is due _____.

Chapter Two:

1. Describe the textbook's method of determining correct grip size, and determining the proper rebound of a ball.

Chapter Three:

1. Describe the body mechanics involved in the "Stroking Arc".

Chapter Four:

1. What is meant by "GLM", and relate it to "Familiar Territory".

Chapter Five:

1. List the 8 component parts of the four basic strokes.
2. What is the difference in the "point of contact" when comparing the forehand and backhand strokes.
3. Where should the ball drop is you let it bounce after tossing it for the serve.

Chapter Seven:

1. Explain "bisecting the angle".
2. What are the key areas to which a receiver of the serve should return the ball (singles and doubles).
3. What is the shot that is considered "risky" for beginners; and what is the shot that is considered a "high percentage" shot.
4. What are the advantages of being positioned at the net.
5. What is meant by "favoring a stroke".

Chapter Eight:

1. What are the difference between an offensive lob and a defensive lob.
2. List any 4 aspects of the techniques of hitting a smash.
3. Name the 4 types of serve.

Appendix: Explain let, serving out of turn in doubles, service faults.

Due on or before _____: The four remaining critiques.

Extra credit:

1. Watch a tennis match on TV and summarize the aspects of skill and technique which a) were new to you, and b) reinforced what you have been taught, and c) other reactions and comments you would like to make.
2. Select the weakest aspect of your game. Describe what you think you should try to do to correct this fault. Give all the specific details that you can, from grip, contact point, follow through, etc.

PEH 275 INTRODUCTION TO TENNIS

DESCRIPTION: The introductory level of tennis includes learning the basic tennis techniques such as the serve, volley, forehand, and backhand, and the basic strategies of height and depth hitting, consistency, accuracy and agressive play, short and long angle hitting and utilization of the four quadrants of the court.

COURSE OBJECTIVES:

1. The student will develop the physical skills to a higher level of proficiency.
2. The student will analyze the mechanical principles and patterns of movement of the tennis techniques of the forehand, backhand, and serve and volley.
3. The student will understand and apply the rules, scoring systems, strategies, and etiquette of tennis.
4. The student will have an understanding of the historical and cultural influences of tennis.
5. The student will become aware of the psychology of human behavior that affects physical performance.
6. The student will demonstrate an understanding of the proper use, care, and purchase of tennis equipment.
7. The student will review the literature related to tennis to become aware of the depth of the information writtent about tennis.

1. TEXTBOOK QUESTIONS

Chapter One:

1. Compare the eastern forehand, western forehand and continental forehand grips.

2. Compare the eastern backhand and the two handed backhand.

3. Explain the three basic racket face positions and how they affect control and flight pattern of the ball.

4. Explain the three basic actions for tennis balls in flight and the resulting action of the ball striking the court surface.

Chapter Two: pages 13-24

1. Explain the three stages of the basic forehand ground stroke and the basic forehand grip.

2. List the 7 key points in learning the basic forehand ground stroke.

3. Explain the three stages of the basic backhand ground stroke and the basic backhand grip.

4. List the 9 key points in learning the basic backhand ground stroke.

Chapter Three:

1. Explain the movement sequence in the execution of the forehand volley and of the backhand volley.

2. List the 10 key points in learning to carryout the volley.

3. Explain the foot work for the set-up volley and wide-ball volley.

Chapter Four:

1. Explain the grip, stance, and movement sequence for the basic flat service.

2. List the 10 key points in learning to use the basic flat service.

3. Explain the return of serve positioning, stance, stroke, and the target for the return of serve.

4. List the 10 key points in learning to perform the return of serve.

Chapter Five:

1. Where is the overhead smash used in the game of tennis.

2. When is the lob shot used.

Chaper Eight:

1. Explain the three phases to physically preparing to play tennis.

Chapter Nine:

1. Explain the following rules: p. 183

Rule 5	Rule 10	Rule 16
Rule 6	Rule 11	Rule 22
Rule 7	Rule 13	Rule 23
Rule 8	Rule 14	Rule 26
Rule 9	Rule 15	Rule 27

2. Explain scoring a game, set, match and a 12 point tie breaker.

Chapter Ten:

Explain the following concepts for singles play.
- Percentage tennis
- Service strategy
- Baseline play strategy
- Attacking the net play

Chapter Eleven:

Explain the following concepts for doubles play.
- Up and back doubles formation.
- Two back doubles formation.
- Conventional dobules formation.
- Poach movement pattern.
- Service strategy.
- Return of service strategy.
- Net play strategy.

Chapter thirteen:

Explain the following concepts for the mental aspect of tennis competition.
- Competition
- Concentration
- Relaxation.

II. Written: Tennis Magazine Reading

Read 1 tennis magazine article. One on tennis techniques, one on tennis tactics or one on tennis psychology.

A. Form: one page written or typed for each article.

B. Organization:

1. Read the article and outline the main points.
2. Explain how this information will help your game of tennis. How will you apply the information.
3. At the bottom of each page write the authors name, magazine title, date, and page.

III. Most Glaring Problem

A. Form: Total pages limit to 4 pages typed or handwritten, Typing is easier to read than handwritting.

B. Organization: Follow this pattern.
1. Pick your most glaring tennis problem and describe it. Tell what you think is wrong, when it usually happens and what you think you should try to do to correct this fault.

2. You may pick strokes or strategy or even emotions like nervousness that may plague you.

3. Be sure to give all the specific details that you can, from grip to where the ball goes, to contact point, etc.

4. Sample outline:

   a. Overview of my game (one paragraph about strengths and weaknesses)
   b. My most glaring weakness:
      Techniques - Serving
      1. Identify problem or problems.
      2. Plans to improve it - drills, thinking.
      3. Research opinions on this problem from the authorities.
   c. Conclusions.
   d. Sources - author, title, magazine, date, pages.

Y275 Tennis

Glossary

Ace: A good service that is not touched by the opponent

Ad: Abbreviation for advantage

Advantage: The next point after deuce. "Advantage in" refers to the server's winning the point, and "advantage out" refers to the receiver's winning the point.

All: Tie score. This is used when deuce is not applicable, such as "30-All"

Break a serve: A phrase used to indicate winning a game that the opponent served.

Bye: An automatic advancement in a tourney given to some seeded players when the tournament is not full.

Center mark: A mark 4" long and 2" wide that bisects the baseline to indicate one limit of the proper service area.

Cross-court: A phrase indicating a ball hit diagonally from one corner across the net to another corner.

Deep: A term referring to a shot that lands near the baseline.

Deuce: Even score when each side has won three or more points.

Double fault: Failure on two consecutive services.

Drop shot: A shot hit easily with backspin so that it barely clears the net and does not bounce very high in the opponent's court.

Fault: Failure to make a legal service.

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Glossary (continued)

Foot fault: Illegal movement of the feet during service.

Game: The unit of a set completed by winning 4 points before the opponent wins 3, or by winning 2 consecutive points after deuce. There are 6 games to a set.

Half Volley: A stroke made by hitting the ball immediately after it has hit the ground.

Let: A service or point that is to be replayed because of some type of interference.

Love: Zero score

Match: A contest between 2 or 4 players; men play 3 out of 5 sets; women play 2 out of 3.

Match point: A point that, if own, allows a player to win the match.

Net man: The player in doubles who plays near the net while his partner serves.

Pass: A shot going to either side of an opponent near the net out of his reach.

Rally: An exchange of several strokes: continued play while warming up or between the serve and the winning of a point.

Seeding: The placing of good players in tournament competition so that they do not meet in early round play.

Set: The unit of a match completed by winning 6 games, or by winning 2 consecutive games after each team has won 5 games.

Set point: A point that if won, allows a player to win the set.

Glossary (continued)

Toss: The spin of the racket at the beginning of a match to determine choice of serving or receiving, or side of court.

Volley: Ball hit in the air before it bounces.

****

Tennis is a lot like life - he who serves seldom loses. Anon.

It is unfortunate tht the only exercise some people get is:
jumping to conclusions,
running down friends,
side-stepping responsibility,
dodging issues,
passing the buck, and
pushing their luck. Anon.

If you lean over backwards in being fair, it is harder for your enemies to kick you in the pants. Anon.

Winning isn't everything, but wanting to win is. V. Lambardi

There is only one endeavor in which you can start at the top, and that is digging a hole. Anon.

Server and Receiver

The "server" is the player who puts the ball into play, and the "receiver" is his opponent.

Choice of Sides or Service

The winner of the toss has the choice of: a. Service or receiving b. Side of court

Service Delivery

1. Before the server begins to serve, he must stand with both feet behind the base life within imaginary extensions of of the center mark and the side line.

2. The service always begins to the right of the center mark and is made to the opponent's right service court. After each point is played, service courts are changed for the next service in alternating fashion.

3. The server has two service attempts to put the ball into play.

4. The serve is made by tossing the ball into the air and hitting it before it touches the **ground**.

5. The ball must clear the net and land in the proper service court or on one of the lines of the proper service court before being hit by the receiver. However, after the service the ball may be hit before it bounces.

Foot Fault

1. **During** the deliverly of the service, the server must not: a) **change** his position by walking or running, b) touch with either foot any area other than that behind the baseline within imaginary extensions of the center mark and side line.

2. The rear foot may swing over the baseline before the ball is struck if it does not touch the court.

Rules and Techniques (continued)

Faults

1. The service is a fault if the server:

   a. does not take proper position before serving.
   b. commits a foot fault.
   c. misses the ball in attempting to strike it. However, the server may toss the ball without penalty.
   d. fails to hit the ball into the proper service court.
   e. serves the ball so that it hits a permanent structure other than the net.
   f. hits his partner or anything he wears or carries with the served ball.

2. If any of these occurs on the first service, it is a single fault.

3. If any of these occurs on both services, it is a double fault and the point is lost.

Scoring

1. The server's score is always called first.

2. The score in tennis is 15 for first point won, 30 for the second, 40 for the third point, and the fourth point won is "game." A score of zero is referred to as "love." When each side has a score of 40, the score is "deuce," which means that one side must win two consecutive points in order to win the game. If the server wins the next point, the score is called "ad in" and if he wins the following point it is game. If the receiver wins the first point after deuce, the score is called "ad out" and if he wins the next point it is his game. However, if, after the score is either ad out or ad in, the other player wins the next point, the score then becomes deuce again.

Scoring (cont'd.)

3. The side reaching 6 games irst wins the "set" unless the score is 5 games apiece, in which case side must gain a 2 game lead in other to win a set. Two out of 3, or 3 out of 5 sets constitutes a match.

Sudden Death 9 Point Tiebreaker

1. To avoid long tennis marathons, an optional sudden death tie breaker system was introduced in 1970. After a set reaches 6-All in games, the players play a best-of-9 points sequence. The first player to score 5 points in this playoff wins the set. The set is scored 7-6.

2. The person whose turn it is to serve will serve point 1, 2, 5, and 6. The other person serves points 3, 4, 7, 8, 9. Sides are changed after the first 4 points. The person scoring the 9th point can choose whether to serve into the right or left court.

Serving in Doubles

1. The order of serving is decided at the beginning of each set. The opponents also decide who is to serve first in the second game. Both pairs alternate in the remaining games of the set.

2. The server's partner may stand anywhere during the service, but he usually stands within 5 feet of the net and in a position so that he can cover his half of the court.

3. If a player serves out of turn, the proper server must serve as soon as the mistake is discovered. All points earned are counted. If a complete game is played with the wrong server, the order of service remains altered.

Rules and Techniques (continued)

Receiving in Doubles (This order is retained throughout the set.)

1. The order of receiving is decided at the beginning of each set. The opponents will also decide who will receive first in the second game, and he will receive the first service in all even-numbered games of the set. Players alternate receiving services during the game.

2. If a player receives out of turn, he remains in that position until the game in which it is discovered is completed. The partners then resume their original positions.

FOREHAND DRIVE - Grip

Eastern Forehand Grip (Shake hands grip) - Fingers are spread along the handle; thumb and index finger make a "V" directly over the middle of the handle. Thumb and middle finger touch on other side.

Ready Position

1. Racket held directly in front
2. Forehand grip on handle; throat of racket held in left hand
3. Body facing net; feet at slightly more than shoulder width
4. Weight evenly distributed; knees and back slightly bent

Backswing (Get the racket back early)

At the same time
1. Right foot placed behind the body; body weight shifts to the right (rear) foot; left side of body faces net.
2. Racket moves back to waist-high position directly behind the right hip - this movement is made from the shoulder with the elbow slightly bent.

3. Racket head is held higher than the wrist.

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Rules and Techniques (continued)

Contact with the Ball

1. WATCH THE BALL - hit the strings.
2. Step straight forward with left foot so that weight begins to transfer from the back to front foot.
3. Racket moves parallel to the ground.
4. Meet ball slightly in front of forward foot.
5. At contact, arm fully extends - wrist and grip are tight.
6. Hit ball waist high, at the peak of its bounce.
7. Don't stand up straight. Stay down on follow through.

Follow Through

1. As racket hits ball, body weight is forward over the left foot.
2. Follow through in the direction the ball is going for the longest possible time.
3. Racket comes slightly up and around the left shoulder.
4. Rear foot stays behind until shot is completed.
5. Follow through and return to reach position

BACKHAND DRIVE (HAVE CONFIDENCE IN YOUR BACKHAND SHOT!)

Grip

Eastern Backhand Grip: Assume forehand grip, and turn racket 1/8 turn to the right. (This position changes the angle of contact and is necessary in order to hit the ball with a flat racket face, and to allow for more power and control of the shot.) The change to this grip is made as you begin your backswing, with the left hand holding the throat of the racket.

Backswing (get the racket back early)

1. From the ready position, pivot on the right foot and place the left foot behind the body; the right side of the body faces the net. Body weight shifts to the left foot. Have bent knees.

BACKHAND DRIVE (cont'd.)

Backswing (cont'd.)

2. Bring the racket all the way back, guided by the left hand, so that the racket comes to a position behind the left hip, waist high.

3. The arm drags across the body. The movement is from the shoulder, with the elbow just slightly bent.

HAVE A FULL BACKSWING - DON'T CHOP THE BALL.

Contact with the Ball

1. WATCH THE BALL

2. Step slightly diagonally forward, and transfer the weight from the left (back) to the right (forward) foot.

3. Point the right shoulder in the direction you are hitting.

4. Contact with the ball is made slightly in front of the **forward foot**, waist high, with the racket parallel to the **ground**. **SWING** FROM THE SHOULDER.

5. The arm is fully extended at point of contact, with the wrist and grip held firm.

6. Stay low!

Follow Through

1. The arm movement continues straight forward toward the net, and then turns slightly up and around with a free, easy motion out and away from the body.

2. Follow **through** in the direction in which the ball is intended to go.

3. Return to the ready position.

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Rules and Techniques (continued)

The Serve ("Flat" or "Cannonball" Serve)

THE SERVE IS THE MOST IMPORTANT SHOT IN TENNIS!!!

50% of all points are won by serves which go unreturned or are weakly returned so to set up a "put away."

Grip

Same as Eastern Forehand Grip (Shake hands grip)
Grip should be very firm so racket does not turn in hand.

Stance

1. The body is turned slightly sideways (about a 45 degree angle) so that the left shoulder points in the direction of the desired service court.

2. Feet are place comfortably apart, with left foot at a 45 degree angle and about 2" behind the baseline, and right foot parallel to service line.

3. Racket is held chest high, points straight toward the net, and is supported by the left hand holding the ball.

4. Stand within 2' of the center line.

Backswing and Toss

1. From the starting postion, drop the racket straight down in a pendulum motion, and at the same time, drop the left hand straight down.

2. As the racket arm passes the right leg, the wrist and racket face open outward, continuing an upward swing until the right arm is in a position similar to the forehand backswing position. At this point, the elbow bends, and the racket head comes up, dropping behind the back in a "back-scratching" position. At the same time, the weight transfers to the rear foot, and the back arches, and the knees are slightly bent.

Rules and Techniques (continued)

Backswing and Toss (THE SERVE) (cont'd.)

3. As the racket begins the backswing, the left arm, which has not dropped further back than straight down, starts its upward ascent to a fully extended position, tossing the ball straight up. Release the ball with a straight arm motion when the hand is at shoulder height. Contact should be made at full extension at the highest point the server can reach with the center of the racket.

4. Consistency in the tossup is of utmost importance - the ball should land between 4"-7" in front of the left foot if allowed to drop.

Point of Contact WATCH THE BALL!!!

1. Swing straight up and over with the racket so that the arm is fully extended and contact the ball near the exact point where it begins its descent. "Hits up."

2. As the racket makes contact, the body comes around and forward into the stroke as the weight transfers from the right to the left foot.

Follow Through

The racket continues its forward motion toward the proper service court, **downward** across the forward leg and around the body in a **free swing**. The back shoulder comes forward so that the full weight of the body goes into the shot. The right foot moves straight forward, not across the body.

The Volley

This is a shot **used primarily** when playing near the net; it is an offensive shot, a great advantage in "putting the ball away" after gaining the net position. It is intended for accuracy and placement, not power.

Rules and Techniques (continued)

The Volley (cont'd.)

Position

1. In singles, the usual net position is on the center service line, a little closer than midway between the net and service line (2 racket lengths away from the net).

2. In doubles, the net position for either right or left service court area is the same in relation to the net and service line, but midway between the center service line and doubles side line.

Grip

1. If time permits change of grips, use the Eastern forehand or backhand grip, whichever is called for.

2. When playing the net, the Continental grip can be used for both forehand and backhand shots (a grip halfway between the Eastern forehand and backhand grip).

Stance

Time does not usually permit a full sideward turn when making a volley. A diagonal stance must be assumed, with a very short step in the direction of the shot.

Contact with the Ball - WATCH THE BALL!

1. Knees are slightly bent.

2. Wrist is cocked so that the head of the racket is always well above wrist level. On a low shot, bend the knees.

3. Before hitting the ball, the racket goes back only about a foot behind the intended point of contact. Do not bend the wrist.

4. Meet the ball in front of body with weight on the forward foot.

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Rules and Techniques (continued)

Contact with the Ball (cont'd.)

5. The volley is more of a "punch" or "block" than a full stroke, with a minimum of backswing and follow through.

6. The ideal volley would be made at shoulder height.

Placement

1. The shot is usually directed away from the opponent with either a hard, fast, deep shot, or a slower, sharply angled shot.

2. In doubles, a hard low shot hit deep in the middle of the opponent's court is most effective.

Rule

The racket cannot pass over the plane of the net to make a shot. A point is also lost if the player, his racket, or his clothing touch the net while the ball is in play.

The Overhead Smash

This stroke, usually made from the net or forecourt position, is the reply to the lob or high soft shot, and is intended as an outright point winner.

Grip

Eastern forehand

Motion

1. The motion is like that of the serve.

2. Make the backswing while getting into proper position. Get into position early.

Rules and Techniques (continued)

Motion (THE OVERHEAD SMASH) (cont'd.)

3. Attain the "back-scratch" position, and hold it until the overhead motion is made. The right shoulder should be lower than the left - pointing at the ball with the left hand helps to dip the right shoulder.

Contact with the Ball - WATCH THE BALL!

1. Contact the ball at a point slightly farther in front of of the body than in the serve in order to give it more downward trajectory. (Some of the best players jump into the air to meet the ball, adding height advantage.)

2. A very common fault is not to be under the ball enough as it is coming down, thus causing too much of a reach and "pushing" motion when hitting the ball.

3. Contact should be made with the arm fully extended.

Placement

1. The ball should be hit at a hard and fast pace away from the opponent. It is best to hit the ball deep unless an angle shot is use.

2. After making the shot, regain the net position in case the smash fails to be a point winner.

3. Sometimes it is good to fake a smash, and then barely drop the ball over the net if the opponent is deep.

Strategy

1. Since it is necessary, but often difficult, to achieve good timing in smashing, it is desireable many times to allow the ball to bounce first before executing the smash.

Rules and Techniques (continued)

Strategy (cont'd.)

2. If the ball is coming down near the baseline, let it bounce, and then execute a forehand drive.

The key to the overhead smash is timing, achieved after hitting 2,500 smashes.

Playing Strategy

1. Keep the ball in play until the opportunity for a placement arises.
2. Hit the ball deep to keep the opponent on the defensive.
3. Return to mid-backcourt position after making each shot, except when rushing the net. Always try to gain the net position!!!
4. Play to the opponent's weakness.
5. Vary placements and pace of the ball. Keep the opponent guessing. Drop shots.
6. Be alert to anticipate opponent's returns. Think ahead, planning your own strategy as you play.
7. Take you time and relax.
8. Play **just one** point at a time.
9. Never change tactics when you are winning, but attempt different strategy when losing.
10. Expect **to win**, never give up, and always bet on yourself.

Double Play Tactics

1. Hit the ball deep to the center of the court. This leaves not possibility of sharply angled returns. If the non-serving opponent is playing at the net, return the serve to the person who served it.

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Rules and Techniques (continued)

Double Play Tactics (cont'd.)

2. Get the first serve in the court, and advance to the net position.
3. Stay in a position parallel with your partner, either at the net or in the backcourt.
4. Make low returns of your opponent's serves, deep to the mid-baseline, so that they will have to "volley up."
5. Call "yours" or "mine" when it is doubtful as to which partner should make the return. Never allow a ball to go between you and your partner. When both partners can reach the ball, the person with the forehand should take it.
6. Cover partner's area when he is drawn out of court making a return.
7. Play to the weakness of either or both opponents.
8. Develop a good smash, lob, and volley.
9. Make use of the lob to drive the opponents away from the net.
10. Hit the ball down between the opponents or at their feet when at the net with them.
11. Be alert and cooperate with partner.

Returning the Serve

When returning the serve the important thing is to get the return in play, and not necessarily to make a winner. Stand, therefore, on the line that bisects. But consider the speed of his serve and the extent of your reach. Standing back behind the baseline gives you more time, but it also gives you a wider angle to cover.

1. If he consistently follows his second serve to the net, stand in closely enough to enable you to:
   a. take it on the rise.
   b. take it "high on the bounce."
   When you hit it cross-court, aim for either the short corner or the deep corner.

2. If he does not follow his serve to the net, make him go backwards to hit a backhand, except when a cross-court is necessary in order to insure getting back into position.

3. Make an obvious move forward as you get ready to receive his second serve (it may even be a fake move). Try to tease him into taking chances.

4. Use your best shot (cross-court or down-the-line) more often than you do your uncertain shot. As a matter of tactics: If you have been mixing them up, on a crucial point it may be wise to play the percentage shot, it may be wise to mix in a surprise shot.

5. Learn to watch the ball leave his racket; look up to see it as he tosses it. Learn to step away from a close ball before stepping back.

6. If you intend to follow your return to the net, step toward the ball with the foot that is closest to the ball (the right foot, in the case of a forehand).

Rules and Techniques (continued)

Returning the Serve (cont'd.)

7. If you intend to follow your return to the net and he has approached behind a deep serve, the percentage shot is down the line because it enables you to reach a good position.

8. When you have to step sideways to reach a wide ball, step "in" perpendicularly to the ball's right.

9. If you are having trouble making a return, experiment; stand in a different place, hit it differently, aim to different spots.

Rallying from the Backcourt

KEEP THESE POINTS IN MIND

a. Keep the ball in play (avoid errors)
b. Keep the ball deep (medium level, medium speed)
c. Keep it on his backhand

1. The two basic principles of baseline position play are: (1) to be ready and waiting, as the opponent makes his hit, on the line that bisects the angle of the widest spots to which he can hit; (2) except when you are shooting for a winner, place your shot to whichever spot that will enable you to get back into position (on the line bisecting the angle) by the time your opponent makes the next hit (make him hit toward you, don't let him hit away from you).

2. When he **gives** you a short shot, try to get it high on the **bounce**, so that you can hit down, and thus make your **hard and/or angled return** more safe.

3. Sometimes it may be necessary to play to his strong stroke in **order** to find an opening on his weak stroke. This occurs when he succeeds in running around his backhand.

Rules and Techniques (continued)

Rallying from the Backcourt (cont'd.)

4. When you hit a strong shot to his weakness anticipate a weak return and move up in the court a step or two, so that you can take advantage of his weak return.

5. Sometimes his strongest stroke is not his steadiest. Consider the percentages. Trade him "one-for-two". His flashy, hard forehand may be more erratic than his slower steady backhand.

6. When he has you running toward a sideline so that you may be out of position for his next shot, hit a high lazy time saver to the farthest corner. Are you sure you understand why? (time and distance)

7. Notice how he hits the ball. If he cuts or slices it, play the bounce accordingly.

8. For most effective use of the drop shot, consider two factors: (1) your distance from the net and (2) his position and distance from the net.

9. Consider the wind. When hitting against it, hit to a medium **level** for depth. When hitting with it, hit to a low **level**. When the wind is blowing across the court, make allowances when shooting close to the sideline.

   - Certain wind conditions may give you a "down-wind" shot. Trick him into giving you a chance to hit you "down-wind."

   - Drop shots will be more effective against the wind than with **it**. The same will be true of lobs.

10. Remem**ber**, the angle at which the ball leaves the racket equals the angle at which the ball meets the racket. (The angle of departure equals the angle of contact, or the angle of inclination equalis the angle of reflection.)

Rules and Techniques (continued)

Rallying from the Backcourt (cont'd.)

10. (cont'd) Therefore, when he hits down the line to you and you intend to return with a cross-court shot, visualize the angle formed by the approaching ball and the line of shot you intend to make. Your racket, at impact, should be perpendicular to an imaginary line drawn down the center of that angel. This is the matter of timing, of changing the point of contact. "Cut the angle in half."

11. Hit your ground strokes into "levels" at the net. Besides hitting every shot to a definite area in your opponent's court, you should try to make the ball cross the net at various heights. The height or level above the net for each shot will vary depending on the type and purpose of your shot, and your position.

    To hit deeper, you may have to hit higher as well as harder.

Going to the Net

KEEP THESE POINTS IN MIND - LET YOUR BASELINE BE YOUR GUIDE

a. Go to the net only **when stroking** from on or inside your baseline.
b. Go to the net only when hitting your strong stroke. Hit it to his weak stroke, or to where he is weak by position.
c. Make your approach shot strong enough and deep enough to force your opponent to hit from behind his baseline.

1. Reduce to a minimum the number of errors you make on your approach shots. **Don't play** them recklessley. Don't beat yourself. Make him hit good passing shots to win.

2. When he hits short to you, try to take the ball "high on the bounce" (above the height of the net), so that you don't have to **hit** up. You will then be able to hit hard safely.

Rules and Techniques (continued)

Going to the Net (cont'd.)

3. At our level of play, your best approach shots are usually down the line shots (either forehands or backhands, deep, but not angled).

4. Try to get up into the court as far as possible for your first volley. However, wherever you happen to be when he strokes his shot, stop and be ready.

5. When he strokes the ball, you should be ready and waiting on a line that bisects the angle open for his return.

6. When he makes you hit a low ball on your first volley, don't always try for a winner on it. It may have to be hit and placed as another approach shot.

7. Be aware of your position when you are hitting your first volley. Are you back farther than you should be? Move up for your next volley, and move toward him in the same direction.

8. Study his mannerisms when he strokes. Notice his stance for each kind of shot, the tilt of his racket, does he "line himself up" for certain shots, etc. These may be give-aways of the kind of shot he intends to make This may help you anticipate.

9. Anticipating defensive lobs is not difficult. It is simply a matter of putting yourself in his place. What would you do in a similar situation?

10. If service aces do not at least equal double faults, the service is a liability not an asset.

11. 75% of errors are in the net, and only 25% outs. Play accordingly.

12. Do not play every shot to win outright; play to prepare an opening to win through.

Y275 Tennis

Rules and Techniques (continued)

Going to the Net (cont'd.)

HINTS

It is not generally good tennis to play the ball close to the top of the net; clear it by two feet or more.

A good drive has depth ie. lands within two feet of the baseline. Try to stay in the middle of the court or at the net position. The tougher the the shot, the easier the swing. Let the racket work. There are no homeruns in tennis - easy does it. Develop steadiness then accuracy, and finally speed. Let your opponent beat himself.

Tennis is a gentleman's game. Coarse behavior is inappropriate.

Keep your eyes on the ball! Violation of this rule is responsible for over 80% of the errors made.

Swing smoothly and easily. Do not press the shots.

Follow through after the shots. That is, sweep the ball across, don't just pat it over.

Don't get too close to the ball. It is better to have to lean forward to hit it and reach for it than to be cramped in the swing.

Try to hit a place in the court, not just over the net.

Court Position

1. Keep out of the zone between the service line and the baseline for receiving balls.

2. When a difficult shot comes to you, try to play your return to the middle of the opponent's court and deep as possible.

3. When in doubt as to whether to advance or retreat, always go forward and volley rather than retreating and stroking.

Y275 Tennis

Rules and Techniques (continued)

HINTS - Court Position (cont'd.)

4. After every hit SNAP back to position.

5. Step toward the ball, not away from it, when you can. Have all your weight going forward.

6. If you are caught out of position on any easy shot, guess where the opponent will return it, and jump for that place just as he hits it. If you guess right, you make a serve; if wrong, you would have lost the point anyway.

7. Watch the opponent's favorite strokes and places where he usually puts them. Then play accordingly.

8. In singles, take the net position at every opportunity. It is impossible to beat a good player from the baseline.

Percentage Tennis

1. In general play, 85% of all points are made on errors, and only 15% are on earned points.

2. In the best tennis 60% errors and 40% earned points.

3. Eighty per cent of all errors are due to taking the eyes off the ball.

4. Fifteen per cent of errors are due to poor footwork, 5 % to other things.

5. Successful services is 40% placement, 40% speed, and 20% twist.

PEH 275 Tennis Final Exam Dr. Yeo

Name _____

I. Multiple Choice: Select the best answer for each question.

1. To win a set, a player must win:
   a. three games b. four games c. five games
   d. six games

2. A served ball that strikes the top of the net and falls into the proper service court is called:
   a. fault b. rally c. let d. smash e. net

3. The length of the tennis court is:
   a. 60 feet b. 72 feet c. 78 feet d. 80 feet

4. With a good right handed player, the toe of his right sneaker will wear out sooner than any other part because:
   a. he pushes off his right foot on the backhand.
   b. he kicks the ground with his right foot when angry.
   c. he lands on his right foot when jumping over the net.
   d. he drags his right foot on the follow through of his serve.

5. The width of the alley on a doubles court on each side is:
   a. 3 feet b. 4½ feet c. 3½ feet d. 4 feet

6. What is the ready position in which a player should wait for his opponent to return the ball?
   a. the weight well back on the heels and the knees straight
   b. the weight forward on the balls of the feet, the feet slightly apart and the knees bent
   c. the weight forward on the balls of the feet, the feet close together and the knees straight
   d. the feet wide apart, the knees bent and the body turned for a forehand drive

7. In hitting a ground stroke, where should the player have his weight at the moment of impact?
   a. on his rear foot b. evenly distributed on both feet
   c. on his forward foot d. in front on his forward foot

PEH 275 Tennis

Final Exam (continued)

8. Which of the following actions should be most emphasized when stroking a low-bouncing ball?
   a. shorten the backswing b. shorten the follow through
   c. loop the forward swing d. bend the knees
   e. drop the racket head

9. Which of the following applies to the volley?
   a. it requires a long, vigorous forward swing
   b. it is used primarily from the backcourt
   c. it is used primarily in the forecourt
   d. it is most frequently hit with a backhand

10. In hitting a backhand drive, what is the most desirable spot to contact the ball?
   a. opposite the rear foot b. just ahead of the rear foot
   c. opposite the center of the body
   d. opposite the forward foot
   e. just ahead of the forward foot

11. A righthanded player consistently sends balls too far to his left when hitting backhand drives. What is the most probable cause of this serve?
   a. the stroke lacks a backswing
   b. his body is facing the net
   c. the forward swing is made too late
   d. an insufficient amount of force is applied in the swing
   e. the forward swing is taken too early

12. What choice is given the winner of the toss?
   a. sides of the court b. serving or receiving
   c. serving or receiving, or sides of the court
   d. the number of games to be played in each set
   e. serve and side, or receiving

13. The server serves before the receiver is ready and the receiver does not attempt to return the serve. What is the decision?
   a. a fault is called b. a let is called
   c. a point is awarded to the server
   d. a point is awarded to the receiver

PEH 275 Tennis

Final Exam (continued)

14. What is the decision when the server tosses the ball and catches it instead of striking at it?
    a. a fault should be called b. a let should be called
    c. the server may try again without penalty
    d. the server may try again, but if the same action is repeated, a fault occurs

15. Which of the following is a foot fault? (foot touches the ground)
    a. the server steps over the baseline just before the served ball crosses the net
    b. the server steps over the baseline before his racket strikes the ball
    c. the server's rear leg crosses over the baseline in the air before the ball is contacted
    d. the server's feet are both off the ground when the ball is struck
    e. none of these

16. On the second serve, the server serves underhand into the proper service court; the receiver makes no effort to return it, claiming that the serve was delivered incorrectly. What is the ruling?
    a. the server wins the point b. the receiver wins the point
    c. a let is called and the ball is re-served
    d. the point is replayed

17. Where should the service be made when the score is 40-love?
    a. from the right side of the court
    b. from the left side of the court
    c. from either side, depending upon the side from which the last service was made

18. What is the score when the receiver wins the next point after deuce?
    a. game for the receiver b. 40-30 c. advantage in
    d. advantage out

PEH 275 Tennis

Final Exam (continued)

19. When is a game completed?
    a. when one side has won four points and the opponents have not more than two points
    b. when one side has won four points and the opponents have won three
    c. when a total of four points have been played
    d. when either side wins five points

20. Which of the following scores is a completed set? (no "tie-breaker")
    a. 4-2 b. 6-5 c. 7-6 d. 8-6 e. 5-1

21. When is a ball considered out: When it hits ...
    a. completely behind the line
    b. just the back edge of the line
    c. more off than on the line
    d. any part of the line
    e. completely in front of the line

22. Player A's first serve is a fault. After the second serve, which is good, a dog runs across the court, interfering with the opponent, player B. What is the decision? (There was no attempt to play the ball.)
    a. the point is awarded to player B because of the interference
    b. play continues
    c. call a let and the second serve must be re-served
    d. if serve was returned, the whole point is replayed and two serves are allowed the server

23. Which of the following is not a good return?
    a. the ball passes outside the net post and lands in the court
    b. the player reaches over the net to play a ball which has bounced back over the net before he reached it
    c. the player volleys a ball before it passes the net
    d. all of these

24. During the rally, the server struck at a ball and missed it; the ball landed outside the baseline. What is the ruling?
    a. point for the serving side
    b. point for the receiving side
    c. let
    d. fault
    e. legal, the ball remains

25. The score is 15-30. By error, the server serves from the right half of the court and delivers a fault. The error is then discovered. What is the score and where should the server stand to deliver the next serve?
    a. 15-40, no faults, right court
    b. 15-30, one fault, right court
    c. 15-40, one fault, left court
    d. 15-30, one fault, left court

26. In doubles game, on the second serve, the server serves the ball which hits the net cord and then drops into the receiver's alley. The receiver cannot reach it in time to return it. What is the ruling?
    a. the serve is a let
    b. the serve is a fault
    c. the servers wins the point
    d. the server loses the point

27. When may doubles team change its order of serving?
    a. at the beginning of any game in a set
    b. at any time during the match
    c. at the beginning of any set
    d. the serving order may not be changed

28. A is serving in a doubles game between AB and CD. The score is 30-15 and one fault has been served when it is discovered that B should have been serving. Which of the following procedures is correct?
    a. the score remains at **30-15**, one fault, and A continues serving the rest of the game
    b. the score remains at 30-14, one fault and B serves the rest of the game
    c. the score becomes 30 all and A continues to serve the rest of the game
    d. the score becomes 30 all and B serves the rest of the game
    e. none of the above answers are correct; the correct procedure is (you describe it at the bottom of this page)

PEH 275 Tennis

Final Exam (continued)

29. What should the receiver do if he is unable to determine whether a ball is good or just outside?
    a. call a fault
    b. ask the server to make the decision
    c. call the ball good
    d. ask the server to play the point over

30. What is the best procedure when one of your balls rolls onto a neighboring court where play is going on?
    a. call to a player on that court to return the ball
    b. run onto the court and get it out of the way quickly
    c. wait until the point is finished on the neighboring court and then ask for it
    d. consider it a lost ball which should not be recovered at all

31. When playing a baseline game, what should the player's position be?
    a. approximately three feet behind the baseline
    b. right on the baseline
    c. between the baseline and the service line
    d. halfway between the baseline and the net

32. In singles, after each stroke made from the baseline, how should the player position himself?
    a. between the service line and the baseline
    b. directly behind the baseline
    c. directly behind the left side of the court
    d. on a line that bisects the angle of the opponent's possible return

33. When using a lob, generally where is it <u>most</u> visible to place the ball?
    a. near the baseline
    b. close to the service line
    c. just over the opponent's head
    d. to the opponent's backhand
    e. close to the sideline

PEH 275 Tennis

Final Exam (continued)

34. In doubles, when one partner is serving, what is the correct net position for the other partner?
    a. one foot from the net
    b. two to five feet from the net
    c. five to eight feet from the net
    d. ten to twelve feet from the net

35. In doubles tournament play, which player of a team should serve first?
    a. the player who receives serve in the right court
    b. the player who receives serve in the left court
    c. the weaker server
    d. the stronger server

36. Which of the following is the most important factor in doubles strategy?
    a. the ability to approach and hold the net position
    b. good smashing ability by both partners
    c. good speed by at least one partner
    d. skill in lobbing
    e. control of the backcourt

37. What is the meaning of the term "ace"?
    a. the server won the point
    b. the first serve was a good service
    c. the receiver was unable to return a good service
    d. the receiver was unable to contact a good service

38. What is it called when a ball is returned immediately after its bounce?
    a. a volley
    b. a drop-volley
    c. a half-volley
    d. a courtesy stroke
    e. a ground stroke

39. Where is "no man's land"?
    a. in the alley on either side of the court
    b. the forecourt area near the net
    c. the mid-court area, behind the service line
    d. the backcourt area near the baseline
    e. behind the baseline

PEH 275 Tennis

Final Exam (continued)

40. What is the term that refers to a situation that must be replayed?
    a. let
    b. fault
    c. deuce
    d. net ball
    e. dead ball

II. True/False (for a right-handed player)

<u>When using the forehand grip</u>:

41. the thumb extends up the top plate of the handle of the racket

42. the forefinger is extended directly up the handle of the racket

43. the racket face should be at right angles to the ground when the player grips the racket

<u>In executing the forehand drive</u>:

44. the last phase of the follow through should be in the direction of the intended ball flight

45. the ball should be contacted when it is in front of the right foot

46. the player's shoulders should intially turn toward the right-hand alley

47. a beginner should attempt to play the ball when it is approximately waist high

<u>In executing the backhand drive</u>:

48. the player should look over his right shoulder at the oncoming ball

49. the racket head should lead the arm on the forward swing

50. the player should use the forehand grip

In executing the backhand drive:

51. stroke the ball on the rise or as soon after the bounce as possible

52. look at the spot where he wants to place the ball

In order to insure proper timing, a player should:

53. start to move into position as the ball bounces

54. start the backswing after moving into position

55. attempt to get in the direct path of the ball

Which of the following statements contribute to good form in serving?

56. the ball should be released from the tossing hand as the racket begins to swing down

57. the left side should point toward the intended direction of the serve

58. the server's arm and wrist action should be tense

59. the ball **should** be hit with the racket arm fully extended

60. the ball **should be** contacted above and in front of the right shoulder

61. the forward swing and follow through should be downward

62. **the balls should be held** in the palm of the tossing hand

63. the player should rotate his trunk and shift his weight forward during the forward swing

64. the **body** should "jackknife" forward during the follow through

PEH 275 Tennis

Final Exam (continued)

Players should change ends of the court when the score is:

65. 6-3, 3-4

66. 5-7, 6-4, 1-3

67. "Good footwork will often save poorly produced strokes, while bad footwork will seriously handicap, if not actually ruin, the most beautiful racket work."

68. "The position of the receiver's partner in doubles is only a temporary position; he moves either forward or back depending upon how his partner returns the serve."

Assuming that your opponent is a good net player, which of the following strokes would you use against him when he is at the net and you are in the backcourt?

69. a drop shot hit to either side of the court

70. a ground stroke hit directly at him

71. a lob hit to his baseline

72. a passing shot hit down either sideline

73. a short top - spin cross court

It is considered good strategy to:

74. vary the pace and placement of your shots

75. bisect the angle with your shot

76. use the half-volley as much as possible

77. keep your drives low to the net (within 10"), especially when your opponent is in the backcourt

PEH 275 Tennis

Final Exam (continued)

The purpose of the lob is:

78. to gain time in order to return to a ready position

79. to force the opponent from the net

80. to give your opponent time to go to the net

It is considered good tennis etiquette:

81. for the server to call the score before beginning each serve

82. to return balls belonging to another court as soon as it is proper

83. for a spectator to applaud good strokes as they occur during the rally

84. to call "good" when your opponent hits the ball in the court

85. to complain if your opponent hits a good shot

86. to never do any poaching

87. to assist the linesmen in calling the lines

88. to accept coaching from your friends when changing ends of the court

89. to practice with players of lesser skill occasionally

PEH 275 Tennis

Final Exam (continued)

What is the score:

	If the server has won	and the receiver has won
90.	two points	one point
91.	three points	two points
92.	one point	one point
93.	four points	three points
94.	four points	four points
95.	four points	six points
96.	seven points	six points

Define:

97. Seeding

98. Bye

99. Bisecting the angle

Describe:

100. The 9-point tiebreaker or 12-point tiebreaker

PEH 275 Tennis

Final Exam (continued)

<u>If You Heard It Once, You Heard It One Hundred Times</u>!

Apply everything you know about tennis; fill in the blanks:

1. WATCH _____ _____.
2. KEEP THE BALL _____ _____.
3. GET THE RACQUET BACK _____.
4. ON THE SERVE, NEVER HIT A _____ _____.
5. BEND _____ _____.
6. HIT THE BALL OUT _____.
7. BEFORE PLAYING, TO PREVENT INJURY, ALWAYS _____.
8. NEVER RUN AROUND YOUR _____.
9. EXCEPT FOR THE SERVE, KEEP THE WRIST _____.
10. THE MOST IMPORTANT THING ABOUT PLAYING TENNIS IS _____ _____.
11. THE DIFFERENCE BETWEEN THE GOOD PLAYER AND AVERAGE PLAYER AND BEGINNER IS _____.

Diagnosing the Common Stroking Errors

More mistakes stem from poor execution or from failing to remember the essential of the stroke. The essentials were covered in my previous articles.

If you cannot recall all of them, you'll find them in this compilation of common mistakes. The inter-mixture of positives and negatives will enable you to spot very quickly the causes behind your mistakes.

FOREHAND

1. Hitting the ball into the net - Caused by:

   -Not bending the knees, thus not lifting the ball.
   -Letting the ball get past the front knee before hitting it. Hit the ball even with the front knee.
   -Swinging from high to low. The ball must be hit on the gradual upswing; the racket going from below to above the point of contact.
   -Not keeping the wrist cocked back and holding it firmly in that position.
   -Not turning the body sideways to the net.
   -Not following through.

2. Hitting the ball long - Caused by:

   -Not keeping a firm grip, thus letting the wrist snap under the ball.
   -Hitting the ball too far in front of the knee. It should be hit even with the knee.
   -Swinging up at the ball. The ball should be lifted with the knees, not the arm, and the palm should be kept facing the ball at all times.
   -Not stepping into the ball, thus keeping the shoulders too far back.
   -Keeping the shoulders over the front foot.
   -Not turning the side to the net.
   -Dropping the back shoulder. Keep the shoulders level.

Diagnosing the Common Stroking Errors (continued)

FOREHAND (cont'd.)

3. Losing control or direction of the ball - Caused by:

-Swinging the racket across the body. Keep the follow through in front of the face.
-Not keeping the wrist firm, thus slapping the ball.
-Not stepping toward the spot where you want to hit the ball.

4. Missing shots hit right to you - Caused by:

-Letting the ball get too close to the body, thus hitting with a bent or cramped elbow.

5. Missing tne shots hit away from you - Generally caused by:

-Not getting to the ball soon enough and thus not stepping directly into the ball.

6. Either over-eagerness or timidity, both of which are typical beginner faults.

BACKHAND

1. Hitting the ball into the net - Caused by:

-Hitting down on the ball instead of swinging from low to high.
-Letting the ball get too far past you before hitting it. Contact should be made about 8 to 12 inches in front of the front foot.
-Bending the elbow on the swing instead of keeping the arm straight.

2. Hitting the ball long - Caused by:

-Not stepping into the ball, thus the shoulders are not over the front foot.
-Not keeping your thumb behind the racket.
-Hitting the ball too soon or too far in front of your body. It should be hit 8 to 12 inches in front of the knee.
-Swinging up on the ball. The lift should be made by bending the knees, not by using the arm.
-Swinging with a loose wrist and thus slapping at the ball.

Y275 Tennis

Diagnosing the Common Stroking Errors (continued)

BACKHAND (cont'd.)

3. Losing control or direction - Caused by:

-Not keeping the wrist firm, thus slapping at the ball.
-Letting the follow through to cross the body instead of stopping it straight out in front of the face.

4. Missing easy shots hit close to you - Caused by:

-Letting the ball get too close to the body and thus bending the elbow or swinging from a cramped position. Hint: Move your feet sooner to get into position.

5. Missing shots hit away from you - Caused by:

-Not starting after the ball soon enough, thus not stepping directly into the ball. You'll have a tendency to slap at the ball unless you turn sideways to the net.

VOLLEY

1. Hitting the ball into the net - Caused by:

-Standing too far back from the net. You should be about 6 feet from the net.
-Letting the ball get past your front shoulder.
-Not positioning the body sideways to the net.
-Not keeping your head and eyes down on the ball.
-Hitting down on the ball instead of punching the ball straight out from you.

2. Hitting the ball long - Caused by:

-Tipping the racket face up.
-Dropping the back shoulder.
-Not shifting the weight forward as contact is made with the ball.

Y275 Tennis

Diagnosing the Common Stroking Errors (continued)

3. Losing control of the ball - Caused by:

-Not holding the wrist firm.
-Not making contact with the ball before it gets to the front shoulder.
-Not turning sideways to the net.

SERVE

1. Hitting the ball into the net - Caused by:

-Throwing the ball too far out in front of you.
-Not shifting the weight onto the front foot.
-Snapping the racket down on the ball instead of hitting into the back of the ball. For top spin you must hit up into the ball.
-Not throwing the ball high enough, or throwing it too high and letting it come down too far.

2. Hitting the ball long - Caused by:

-Throwing the ball too far back, or over your head.
-Not snapping the racket face into the ball.

THE OVERHEAD

It is the same as the serve except that instead of throwing the ball, it's already coming down to you. Hence, the most important thing to remember is to position the body correctly under the ball.

LOB

1. Hitting the ball short - Caused by:

-Not following through.
-Not turning sideways to the net.
-Not making contact even with the front knee.
-Not keeping the wrist position firm.

Diagnosing the Common Stroking Errors (continued)

LOB (cont'd.)

2. Hitting the ball long - Cause by:

-Taking too much of a backswing.
-Not keeping the wrist position firm, thus slapping at the ball.
-Since the lob, chip, and drop are touch shots, it's difficult to pinpoint the causes of mistakes. The reasons will depend much on the individual.
-The offensive and defensive lobs are essential components of the repertoire.

A lob will usually fluster a good ground stroker and can exploit the common weakness of the young player - the overhead smash, which is the only shot that can counteract the lob.

The lob can be risky. When hit too low or short, the opponent will have little trouble putting it away from his spot near the net.

Y275 Tennis Mr. Chamberlain

1. List four (4) things your serve in singles must do to be effective.

2. In returning serve, in singles list four (4) things the receiver should be concerned with.

3. You are rallying from the base in a singles match. List six (6) things you might attempt to do.

4. List three (3) considerations in determining if you should go to the net in singles.

5. List four (4) things that will make a player do well at the net.

6. List three (3) things you might try if your opponent is at the net.

7. In doubles, your team is serving: List six (6) things you should try to do.

8. In doubles, your team is receiving. List four (4) things you might try to do.

9. List three (3) things to do if your team is at the net and your opponents are at the backcourt.

10. List three (3) things to do when your team is at the backcourt and your opponents are at the net.

11. Explain the 9-point tiebreaker system.

12. Explain the 12-point tiebreaker system.

13. Explain regular scoring for games and sets.

14. Explain the VASS system of scoring.

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